

Bereavement Support Groups

SUPPORT GROUPS FOR GRIEVING INDIVIDUALS

Offered by Visiting Nurse & Hospice of Fairfield County and
Waveny LifeCare Network

Loss of Spouse

Tuesdays, October 26 – November 30 - 7-8:30pm via zoom with Sheila Russo, LCSW

Tuesdays, October 26 - December 7 (no meeting November 23) – 7-8:30pm via zoom with Meghan Cioffi, MSW

Tuesdays, November 2 - December 14 (no meeting November 23) – 1-2:30pm in person with Laurie Petrasanta, MA

Mondays, November 15- December 20 – 2:30–4:00pm via zoom with Stephanie Shaughnessy, MSW

Loss of Parent

Wednesdays, October 6 – November 10 – 7:30–8:30pm in person with Betsy Perry, RN, MA

Tuesdays, November 2 - December 14 (no meeting November 23) – 11am-12:30pm in person with Laurie Petrasanta, MA

Tuesdays, November 16 – December 21 –2:30-4:00pm via zoom with Stephanie Shaughnessy, MSW

Loss of a Loved One

Wednesdays, November 10 - December 22 (no meeting November 24) - 2:00-3:30pm via zoom and in person with Rabbi Daniel Sklar

Caring for the Caregiver

Wednesdays, November 10 - December 22 (no meeting November 24) – 12:00pm via zoom with Rabbi Daniel Sklar

Coping with Loss (and Stress) During the Holidays

Thursday, November 4 – 2:30–4:00pm in person with Stephanie Shaughnessy, MSW

Thursday, December 2 – 2:30–4:00pm via zoom with Stephanie Shaughnessy, MSW

Handling Grief During the Holidays – Cultural and Spiritual Implications

Tuesdays, December 7 – December 21 – 7-8:30pm via zoom with Sheila Russo, LCSW

For more information about Bereavement Support or about Visiting Nurse & Hospice of Fairfield County, please visit us online at www.visitingnurse.net or follow us on Facebook.

These support groups are offered free of charge by Visiting Nurse & Hospice of Fairfield County and will be held in person and via Zoom. In person groups will be held at VNHFC, 22 Danbury Road, Wilton.

Please contact Stephanie Shaughnessy at 203-834-6341, extension 316 or sshaughnessy@visitingnurse.net to pre-register for the support groups. You will receive an email with the Zoom link when applicable.

